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AUTHOR	Humphrey, James H.; Yow, Deborah A.; Bowden, William W
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ABSTRACT

This book addresses the causes and consequences of stress in college sports and offers effective coping mechanisms to help individuals understand and control stressors and emotions in their environment. The chapters are: (1) "Understanding Stress"; (2) "Perceptions of Stress in College Athletics"; (3) "Stress among College Athletes"; (4) "Stress among Coaches and Athletic Directors"; (5) "Dealing with Emotions in College Athletics"; (6) "A Healthful Stress-Management Lifestyle"; (7) "Reducing Stress through Relaxation"; (8) "Reducing Stress through Meditation"; (9) "Reducing Stress through Biofeedback"; and (10) "Reducing Stress through Self-Modification of Behavior." (Contains 74 endnotes.) (SLD)

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